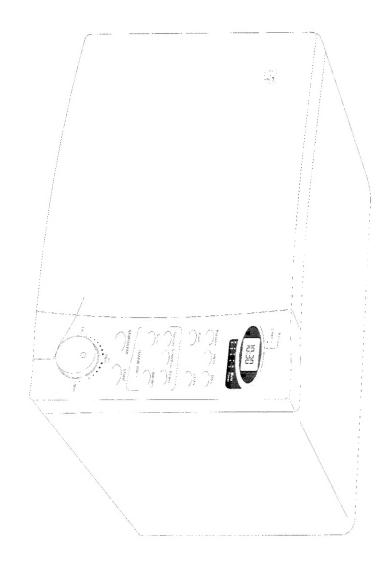
Ttotpoint MW33N/H



Cooking with your microwave

Instruction booklet

Hotpont

Creda

USERS HANDBOOK MW33 Cannon ®

Batch x2030x

530MW33

In the interest of consumer safety this part should only be fitted by a suitably qualified person with the machine disconnected from the mains supply.

Safety

Smoke and fire

In the event of smoke or fire, switch off the oven and leave the door closed to contain any flames.

Carefully follow cooking instructions for food with a high sugar or fat content, such as Christmas pudding or fruit cake. The sugar or fat can overheat and in some cases catch fire. In the event of a fire, switch off the oven and leave the door closed to contain any flames.

Delayed boiling

Take extra care when handling drinks heated in the microwave. Always stir liquids before, during and after cooking, and allow them to stand before serving; they can come to the boil even after the microwave has finished heating.

Baby food and drink

Always stir or shake feeding bottles and baby food jars, and check the temperature before feeding to the baby.

Door

Do not use the oven if the door or door seals are damaged Have the oven repaired by a qualified repairer.

Do not attempt to operate the oven while the door is open by tampering with the safety devices.

Do not let dirt or food residue build up between the front of the oven and the oven door.

Repairs and service

Do not remove any covers or attempt to carry out repairs or service. Contact a qualified repairer.

Cooking containers

Use open containers to heat food and drink. Pressure can build up in sealed containers causing them to explode.

Eggs

Do not cook eggs in their shells. Pressure can build up in the shell causing the egg to explode.

Pre-heating

You must not pre-heat the oven (i.e. without any foodstuffs in the oven) or use it without first placing some foodstuff inside it – potentially dangerous sparks can be caused when the oven is used when empty.

ontents

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This microwave oven is designed for home use. It should not be used for commercial catering.

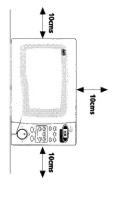
Unpacking and getting ready

After unpacking your oven, check that it hasn't been damaged whilst in the box. Make sure there are no dents, that the door closes properly, and that the seal is not damaged. A dented or damaged oven could allow microwave energy to escape.

Make sure that you've taken all the packaging from inside the oven

Choose a flat work surface for your microwave away from heat sources such as radiators or fires, and away from anywhere that's very cold.

You should allow a 10cm space all around the oven so that warm air can escape from the vents during cooking – it is not designed to be built in.

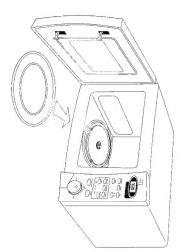


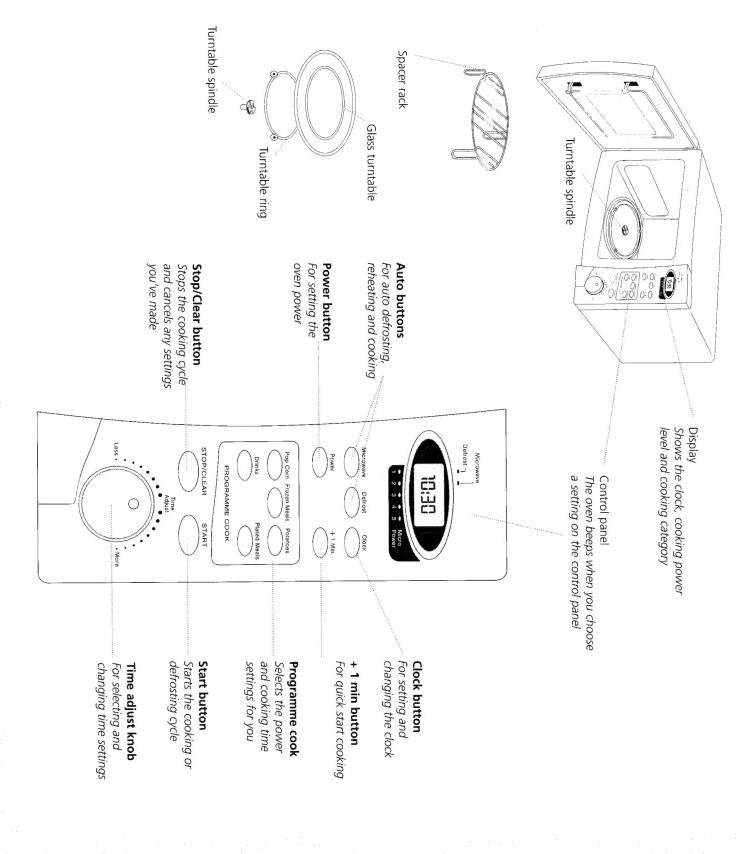
Plug your oven into a standard household electrical socket (240 volt, 13 amp rated).

Avoid using a socket that also has an adaptor and other equipment plugged in.

Slot the turntable spindle into its hole in the bottom/middle of your oven. Put the turntable ring inside the oven and place the glass turntable on top of the ring. The turntable is shaped to sit securely on the spindle.

You must always use the turntable and ring whenever you use the microwave.





Unpacking

Safety

Moisture

Don't allow your oven to be exposed to rain, moisture or dust.

Care for youngsters

Take extra care to test the temperature of food or drink before giving it to babies or children.

Never allow children to play with the oven.

Service

Leave service and maintenance to qualified repairers.
Don't remove any fixed covers as this could expose dangerous voltages.

Power

Your oven is supplied with an approved 13 amp fused mains plug. Always use a 13 amp (BS 1362) approved fuse.

Never use this plug without the fuse cover.

15:35. will show in the display as oven is 24 hour; i.e. 3.35pm The time format of the



will return to the cooking cycle seconds, after which time it current time will flash for 3 Press the clock button, the current time whilst cooking It is possible to display the

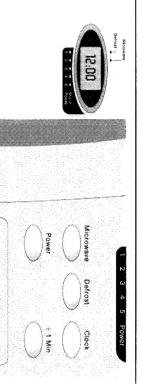




powercut the clock will flash microwave, or there is a Whenever you unplug the the display 12:00.

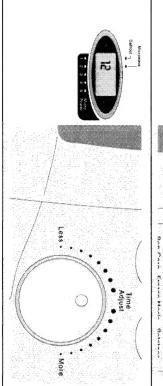
Setting the clock

Press the clock button once. 12:00 will flash on the hour display.



One Park Course Blanch

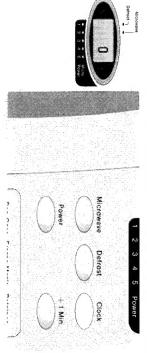
When the display shows the correct hour, press clock. clockwise (more), forwards in time. anti-clockwise (less), backwards in time, and Set the desired time by turning the time adjust knob



on the minutes display. Press the **clock** button for a second time. 0 will flash

display shows the right time, press clock. Follow step two above to adjust the minutes. When the

Your oven shows the click whenever it's not being used.



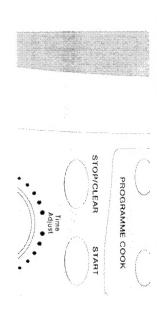
Child lock

devices – start button block and cooking time modification block. To prevent unwanted or accidental use of the oven, the electronic control unit is fitted with two safety

Start button block – press the **stop/clear** button to clear any microwave settings.

Press the **start** button for 5 seconds, you will hear a beep. The **start** button is now disabled and it is not possible to cook with the oven.

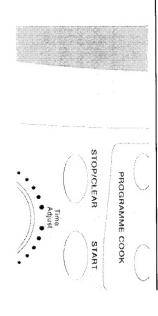
Press **stop/clear** (to clear any settings) then the **start** button again for 5 seconds (until you hear a beep) to cancel the start button block function.



Cooking time modification block – press the **stop/clear** button to clear any microwave settings.

Press the **stop/clear** button for 5 seconds, you will hear a beep. The amount of cooking time set cannot now be altered/tampered with once the **start** button has been pressed and the oven is operating.

Press **stop/clear** (to clear any settings) then the **stop/clear** button again for 5 seconds (until you hear a beep) to cancel the cooking time modification block function.



Microwave leakage

If your oven is operated and maintained in accordance with the instructions in this booklet, it should give you many years of trouble free service. It has been tested for safety to the relevant British Standards by a NAMAS approved lab. You should not be at any risk by using it.

You can arrange for your microwave to be checked in future years to ensure that it is continuing to work safely. You should always have your microwave checked if it is dropped or damaged.

Unpacking

Introducing microwave cooking

Always remember the basic safeguards you'd follow when using any cooking equipment or handling hot food.

This page gives some of the basic guidelines for microwave cooking. If you're unfamiliar with using a microwave, there's more information at the back of this guide.

Cooking with a microwave



Cooking with a microwave is much faster than conventional cooking and, whilst you should make sure that food is fully cooked, you should be careful not to overcook it.



distribute heat is very important. Always stir from the outside towards the centre.



Meat and poultry which is cooked for 15 minutes or more will brown lightly in it's own fat.

Anything cooked for a shorter time can be brushed with a browning sauce to give an appetising colour.



If you're cooking a number of individual foods at the

same time, such as baked potatoes or small cakes, arrange them evenly on the turntable so that they

cook evenly. Never stack food in your microwave

Turn larger foods such as meat roasts and poultry during cooking so that the top and bottom cook evenly. It's also a good idea to turn chops and chicken pieces, especially if they contain the bone.

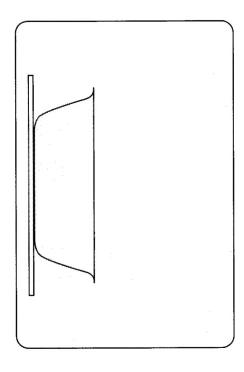


Strips of aluminium foil can be used to cover the thinner pieces of food to stop them overcooking before the thicker parts of the food have had a chance to cook. Use the foil sparingly and wrap around the food or container carefully to stop it touching the inside of the oven which could cause sparks.

Microwave ovens cook food using microwaves that are similar to naturally occurring radio waves. Normally, these "waves" would fade as they disappeared into the atmosphere but in a microwave oven they are concentrated onto food causing it to heat up.

Microwave energy can't pass through metal – so they can't escape from inside your microwave oven – but they can pass through materials like glass, porcelain, plastic and paper. These are the things used to make *microwave-safe* cooking equipment.

Microwave-safe cooking equipment will still get hot as the food it contains heats up.



The microwaves focus on the moisture in the food causing lots of tiny vibrations. The vibrations get so great that the moisture – and the food – heat up.

Checking your cooking utensils

Most heat-resistant, non-metallic cooking utensils are safe to use in your microwave. If you're not sure you can use a utensil in your microwave, follow this simple test:

- Put the utensil into the oven next to a cup of water use a cup that you know is microwave-safe.
- Press the microwave button. Set the time adjust knob to 30 seconds and press the start button.

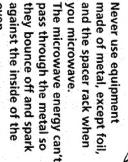
This will microwave the water for 30 seconds

3 At the end of the time, carefully check to see if the water has warmed up.

If the water hasn't warmed up but the utensil has, the utensil is not microwave-safe and should not be used in the oven.

Introducing microwave cooking

Safety



Stop the microwave straight away if any equipment does cause sparks.

Remember that some crockery has a metal trim around the edge. Even this trim can cause sparks.

Safety



Never use scratched, cracked or damaged glass in a microwave. Damaged glass can explode.

Introducing microwave cooking

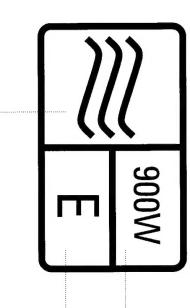
Remember

Always check that the food is evenly cooked and piping hot before you serve it.

More about getting the most from microwave cooking

Microwave heating categories

Your oven has been tested and labelled to meet the government's voluntary agreement on the reheating of pre-cooked food.



Three wavy lines show that this oven has been tested to meet the agreement.

900W is the power of the oven.

E is the cooking band for your oven.

Check the cooking times for band E on the food's packaging to see how long it should be cooked for.

To Microwave: Remove outer packaging Pierce film ild SEVERAL TIMES. Place on a microwaveable plate. Heat on full power. Turn halfway through heating

> scrowave from Frozen: Rensive out gaing. Pierce film lid SEVERAL TIMES, on a microwaveable plate. Heat on ower. Turn haifway through heating.

Minister	all number	2	
**	****	,000	ng Time
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Turn	3	ium	
3 25	2.5	w	wer
650W 750W	o	100	L
(IEC 705)	gory	Category))
Wattage	Ting.	Heating	<u>)</u>
***************************************	-	-	-

The heating characteristics and output power levels of microwave ovens are usually calculated using a relatively large portion of food (a 1000 gram load, IEC 705) but many packs of pre-cooked food are sold in smaller packs, often about 350 grams. The government, in partnership with food companies and microwave manufacturers, have set up a system of heating categories to help you choose the reheating time for pre-cooked food.

Steam

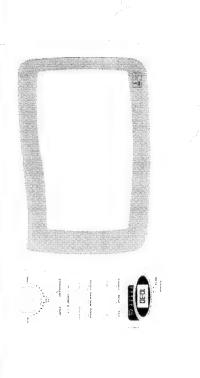
When you microwave food, steam is created as water in the food heats up and evaporates.

The steam formed during microwave cooking is entirely safe. It has to escape from the microwave to prevent pressure from building up inside the oven. It does this through the vents on the back of the oven and from around the door.

Condensation

As the steam cools, you may find the condensation gathers in small pools inside your microwave and on the work surface beneath the door and vents.

Always dry the oven after cooking foods with a high moisture content.



Your microwave is designed to let steam escape from the vents and around the door without microwave energy escaping. There is no danger of microwave energy escaping with the steam.

Introducing microwave cooking

Introducing microwave cooking

Safety

For your safety, the microwave stops if the oven door is opened during cooking. Press the **start** button to continue the cooking cycle.



Checking your microwave

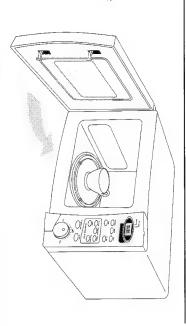
Check your microwave is working after unpacking and whenever you think it might not be working properly.

Put the turntable ring inside the oven and place the glass turntable on top of the ring. The turntable is shaped to sit securely on the spindle.

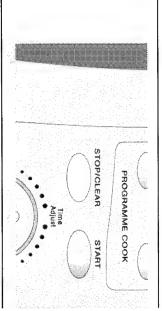
You must always use the turntable and ring whenever you use the microwave.

Place a cup of water on the turntable. Make sure the cup is microwave-safe – it shouldn't have any decorative metal trim.

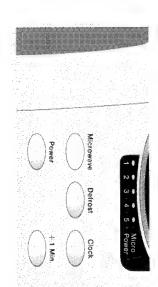
Close the oven door.



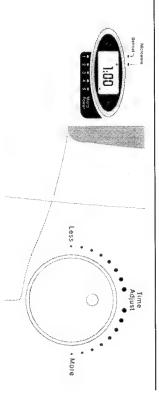
Press the **stop/clear** button to clear any settings that have already been made.



Press the **microwave** button once.



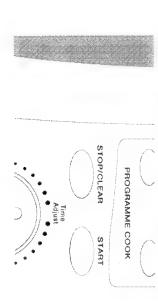
Turn the **time adjust** knob until one minute (1.00) flashes in the display.



Press the **start** button. The oven light comes on during cooking and the turntable rotates.

At the end of the minute the water should be hot – be careful when you take the cup out of the oven.

When cooking finishes, 3 beeps can be heard and the word end will appear on the display.



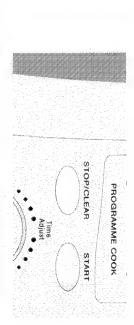
Introducing microwave cooking

Using the microwave

Basic microwave cooking and reheating

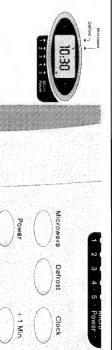
are inside the oven. Make sure the glass turntable and turntable ring

After putting your food in the oven, press stop/clear to clear any settings that have already been made.



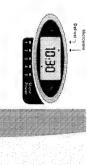
Press the **microwave** button once

power level. The oven automatically selects 5 - the maximum



opposite. Choose the power level you want to cook on by button reduces the power level as shown in the table pressing the **power** button. Each press of the

There are five different power levels







Set the cooking time.

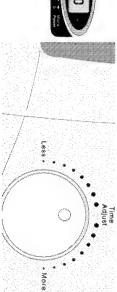
cooking time in 10 second increments up to 3 minutes, in 60 second increments from 15 minutes to 59 minutes. in 30 second increments from 3 minutes to 15 minutes, and The time adjust knob allows you to precisely set the

alter the cooking time at any time

You can use the time adjust knob to

during cooking.



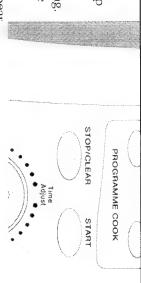


Press start.

The oven light comes on during cooking and the turntable rotates to help the food cook evenly.

You can open the door to check on your food at any time during cooking. If your food is done, press the **stop/clear** button. If the food is not done close the door, and press the **start** button to begin cooking again.

When cooking finishes, 3 beeps can be heard and the word *end* will appear on the display. Open the door and take out the food (the time will appear).



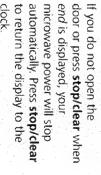
Choosing a suitable power setting

Your microwave has five power settings. Always choose the setting that's best suited to the food you want to cook.

This table shows the power settings

Using the microwave

Hint



Starting and stopping

closed again. working until the door is inspecting the food. This progress of the cooking at any It is possible to check the microwaves and the oven stops interrupts the emission of time, by opening the door and

once (a second press will without opening the door; press the stop/clear button Should it be necessary for any reason to suspend the cooking

cancel the set time). To restart cooking press the start button.

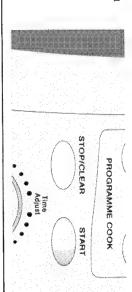
Quick start cooking

adding an extra minute when cooking time has already elapsed. This function is useful when heating small amounts of food or drink, or for

Make sure the glass turntable and turntable ring are inside the oven



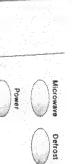
made. Press the stop/clear button to clear any settings that have already been



the microwave indicator will highlight. Press the +1 min button. The display will flash 1:00 and







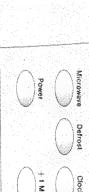
Pop Com Frozen Meals

Polatoes

seconds to your cooking time, up to a maximum of 6 Press the +1 min button repeatedly to add further 30





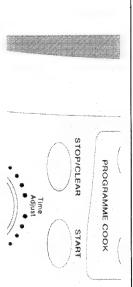


Pop Corn Frozen Meals Polatoes

Press Start.

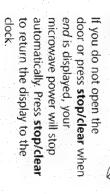
The oven light comes on during cooking and the turntable rotates to help the food cook evenly.

When cooking finishes, 3 beeps can be heard and the word end will appear on the display. Open the door and take out the food (the clock will appear).



: . ·

Using the microwave





Programme cooking

With programme cooking you don't need to set the power or time – your oven sets them for you.

Press **stop/clear** to clear any settings that have already been made.

Make sure that any containers you use are ovenproof and will not melt in the oven.

STOP/CLEAR

START

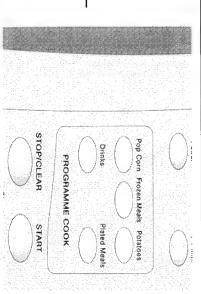
PROGRAMME COOK

Press the **programme cook** button for the type of food you want to cook. There are five types of instant cook; **drinks**, **pop corn**, **frozen meals**, **potatoes** and **plated meals**.

The table opposite gives advice for cooking the different types of food.

Press your chosen **programme cook** button again to choose the number of servings/length of time you want.

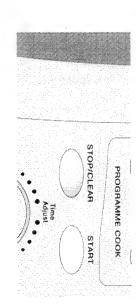
Each time you press the button the time is adjusted accordingly.



Press Start.

The oven light comes on during cooking and the turntable rotates to help the food cook evenly.

When cooking finishes, 3 beeps can be heard and the word end will appear on the display. Open the door and take out the food (the clock will appear).



Programme cook type	Presses	What it does	Suggestions
Drinks	2	Reheat 1 small coffee cup (60cc) Reheat 2 small coffee cups (120cc)	After reheating the liquid, stir well to spread the temperature evenly
	ω	Reheat 1 large cup (200cc) from chilled	
	4	Reheat 1 soup dish (300cc) from chilled	
Potatoes	→	Cook 200g of potatoes	Wash potatoes thoroughly in their jackets,
	2	Cook 400g of potatoes	pierce them and put them on the turntable
	(7	
Plated meals (chilled)	<u>ـ</u>	Reheat 100g of chilled dishes	Suitable for cooked portions of food, preserved
	2	Reheat 250g of chilled meat (or meat + vegetables)	in the refrigerator on the plate (the one from which the food is to be eaten). The food must
	ω	Reheat 250g of chilled pasta or	never be covered. For pre-cooked dishes in
		lasagna	packets, remove the food from the tubs/ packets and place on a plate
Frozen meals	_	Reheat 1 frozen pizza of 300g	Place the frozen meal directly on the turntable
Pop Corn	_	Cook 100g packet of popcorn for	Follow instructions written on the box closely and place it on the turntable

Hint

If you do not open the door or press **stop/clear** when end is displayed, your microwave power will stop automatically.



with the time adjust knob



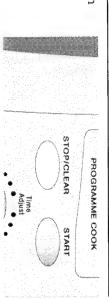
You can alter the defrosting time

Automatic defrosting

Defrosting with the defrost feature

defrosting time using the chart opposite. If you know the weight of the food you need to defrost, you can select the

Press the stop/clear button to clear any settings that have already been made.

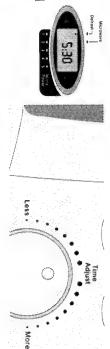


The display will flash 0.00 and the defrost indicator will Press the **defrost** button to select auto defrosting. highlight.



Set the defrosting time

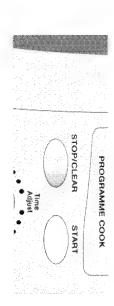
in 60 second increments from 15 minutes to 59 minutes. defrosting time in 10 second increments up to 3 minutes, in 30 second increments from 3 minutes to 15 minutes, and The time adjust knob allows you to precisely set the



Press the **start** button

turntable rotates to help the food defrost evenly. The oven light comes on during cooking and the

take out the food (the clock will appear). word end will appear on the display. Open the door and When defrosting finishes, 3 beeps can be heard and the

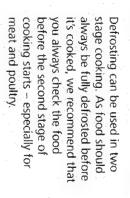


Defrost settings

(pork, yeal etc.) Ikg 200g 2-6 goulash 500g 9-13 d 250g 3-7 d 250g 3-7 ges 300g 5-9 Turn the poultry over halfway through defrosting trukey turkey turkey 1.5kg 25-28 e chricken 1.5kg 25-28 e chricken 1.5kg 25-28 e chricken 1.5kg 25-28 e chricken 1.5kg 25-28 1 Turn the poultry over halfway through. When the standing time is over, wash under warm water to remover any ice en breast 1500g 9-13 7-11 Frozen vegetables are better cooked from frozen and therefore do not require defrosting first. Frozen vegetables are better cooked from frozen and therefore do not require defrosting first. Frozen vegetables are better cooked from frozen and therefore do not require defrosting first. Frozen vegetables are better cooked from frozen and therefore do not require defrosting first. Frozen vegetables are better cooked from frozen and therefore do not require defrosting first. Frozen vegetables are better cooked from frozen and therefore do not require defrosting first. Frozen vegetables are better cooked from frozen and therefore do not require defrosting first. Frozen vegetables are better cooked from frozen and therefore do not require defrosting first. Frozen vegetables are better cooked from frozen and therefore do not require defrosting first. Frozen vegetables are better cooked from frozen and therefore do not require further preparation Remove the aluminium foil, or the metal parts should not be completely defrosted. Observe the standing time on the container and placed in a dish of the vegetables are better cooked from the container and placed in a dish of the vegetables are better cooked from the container and placed in a dish of the vegetables are better cooked from the container and placed in a dish of the vegetables are better cooked from the container and placed in a dish of the vegetables are better cooked from the container and placed in a dish of the vegetables are better cooked from the container and placed in a dish of the vegetables are better cooked from the container and placed in a dish of the	Type of food	Quantity	(minutes)	Instructions	(minutes)
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Pairy products 250g 2-6 250g 3-7 Remove the aluminium foil, or the metal parts should not be completely defrosted. Observe the standing time 200ml 5-9 Removed from the container and placed in a dish 150g 1-2 Put the bread directly onto the turntable urries, prunes, cherries 500g 5-7 Mix 2 or 3 times Remove the aluminium foil, or the metal parts should not be completely defrosted. Observe the standing time Removed from the container and placed in a dish Put the bread directly onto the turntable Put the bread directly onto the turntable Mix 2 or 3 times	rawns, shrimps	400g	6-10		7
250g 2-6 Remove the aluminium foil, or the metal parts should not be completely defrosted. Observe the standing time 250g 3-7 Remove the aluminium foil, or the metal parts should not be completely defrosted. Observe the standing time 250g 1-2 Removed from the container and placed in a dish 250g 2-4 Put the bread directly onto the turntable urntable 250g 2-4 Put the bread directly onto the turntable 250g 2-4 250g 2-4 Put the bread directly onto the turntable 250g 2-4 250g 2-4 Put the bread directly onto the turntable 250g 2-4 Mix 2 or 3 times 250g 8-10 Mix 2 or 3 times	Milk/Dairy products				,
250g 3-7 not be completely defrosted. Observe the standing time 200ml 5-9 Removed from the container and placed in a dish	Jutter	250g	2-6	Remove the aluminium foil, or the metal parts should	
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dium-sized rolls 300g 2-4 bread 250g 2-4 e-wheat bread 250g 2-4 berries, prunes, cherries 500g 8-10 Mix 2 or 3 times serries 300g 5-7	3read	1,00	1	Dut the broad directly onto the turntable	w
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e-wheat bread 250g 2-4 berries, prunes, cherries nts, apricots 500g 8-10 Mix 2 or 3 times perries 300g 5-7	liced bread	250g	2-4		ω
berries, prunes, cherries nts, apricots 500g 8-10 Mix 2 or 3 times perries 300g 5-7	Whole-wheat bread	250g	2-4		ω
500g 8-10 Mix 2 or 3 times 300g 5-7	Fruit Strawherries prupes cherrie	X			
300g 5-7	currants, apricots		8-10	Mix 2 or 3 times	10
	Raspberries	300g	5-7		10

Automatic defrosting

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for the heating time w



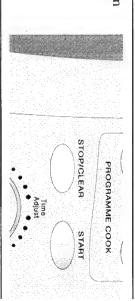
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You can alter the heating time with the **time adjust** knob.

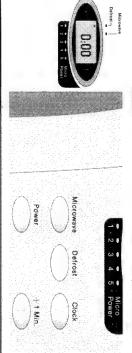
Automatic defrosting and cooking sequence

Food can be defrosted and cooked without needing to reset your microwave You may: defrost + cook; cook 1 + cook 2; defrost + cook 1 + cook 2.

Press the **stop/clear** button to clear any settings that have already been made.



Press the **defrost** button to select auto defrosting. The display with flash 0:00 and the defrost indicator will highlight.



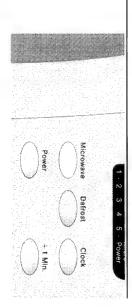
Set the defrosting time.

The **time adjust** knob allows you to precisely set the defrosting time in 10 second increments up to 3 minutes, in 30 second increments from 3 minutes to 15 minutes and in 60 second increments from 15 minutes to 59 minutes.



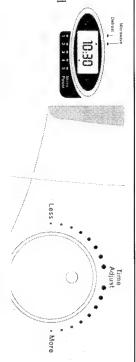
Press the microwave button to select microwave cooking

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Set the cooking time (**cook 1**).

The **time adjust** knob allows you to precisely set the cooking time in 10 second increments up to 3 minutes, in 30 second increments from 3 minutes to 15 minutes and in 60 second increments from 15 minutes to 59 minutes.



Choose the power level you want to cook on by pressing the **power** button. There are five different power levels.

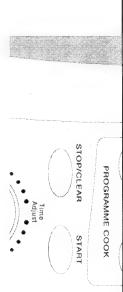
If you require a second cooking time (cook 2) repeat steps 4, 5 and 6.



Press the **start** button.

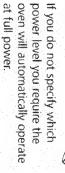
The oven light comes on during cooking and the turntable rotates to help the food defrost/cook evenly.

When cooking finishes, 3 beeps can be heard and the word end will appear on the display. Open the door and take out the food (the clock will appear).



Advanced features

Hint



Cleaning your microwave

can be difficult to clean. Cleaning your oven each time you use it will help to prevent stubborn marks that

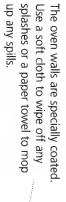
oven clean so that the

Keep the front of the

Be careful not to spill water into the vents.

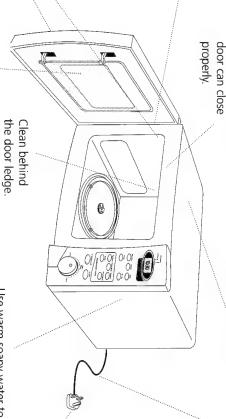
Wipe with a damp cloth and leave to dry before plugging it back in.

cleaning the power lead. Unplug the oven before



and then dry thoroughly. As with accumulate, it can smoke and ever Wipe off grease with a damp cloth any oven, if grease is left to

Make sure you keep the grids clean

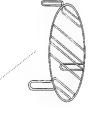


Check that the door catches are clean.

warm soapy water for stubborn marks and dry thoroughly Keep the inside of the door clean with a damp cloth. Use

be cleaned with abrasive pads or cleaning powders The inside of the door has a special coating and must not

pads or powders to clean the outside of the door. Do not use alcohol, ammonia-based detergents, abrasive

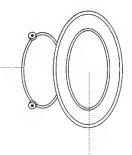


rack and dry thoroughly. Use warm soapy water to wash the

> pads or powders that oven. Don't use abrasive clean the outside of the could scratch the surface Use warm soapy water to

> > Unplug your oven

before you clean it.



could make it warp. very hot water which warm water. Don't use Wash the rotating ring in

> minutes, allow it to cool water that could crack it. turntable in very hot again. Don't wash the down before you use it it for more than 15 plate. After you've used you would any glass Treat the turntable as

is dry before you put it back in the oven. Make sure the turntable

Using aluminium foil

Using aluminium foil in your microwave

It's safe to use aluminium foil in your microwave oven as long as you follow these safety guidelines.

As with all metal, microwave energy can't pass through foil, but provided that you keep the foil away from the side of the oven it won't cause sparks and there won't be any damage to your oven.

Using foil is a good way of shielding parts of food that you don't want to cook as quickly as others – perhaps where the food is narrower and would otherwise overcook.

Place the foil over the area you want to shield, taking care that the foil won't touch the sides of the oven when the turntable rotates. Only use one piece of foil at a time so that you don't get sparks between the separate pieces.

Follow these guidelines when using foil in your microwave:

Remove foil lids from containers before using in the microwave. Some lids are made of card with a foil covering – these should be removed too.

Use a microwave-safe transparent lid if possible

Stir food during cooking if the container has a lid or film cover.

Always use the glass turntable.

Use shallow containers with a large surface area. Do not use containers that are more than 1.25in (3.5cm) deep.

Use oven gloves when handling hot foil containers.

Do not completely cover food with foil. The microwave energy cannot pass through the foil so the food won't cook.

Do not let aluminium foil touch the inside of the oven.

Do not use more than one piece of foil in the oven at the same time.

Foil container bureau

If you have any queries about using foil containers in microwave ovens, you can call the Foil Container Bureau free on 0800 413 295.

Using your oven safely

As with any cooking appliance, make sure that you use your microwave oven safely.

Preparing food for babies

Always be very careful when preparing food and drink for babies and small children.

Avoid scalding by allowing a standing time before testing the temperature of food and drink.

Take extra care when warming milk in baby bottles. Narrow necked bottles can burst if overheated in a microwave oven.

Remove the teat from the baby bottle before using the bottle in a microwave oven. If the teat is left on the bottle, heat can't escape and the bottle could burst.

Safe use of your microwave

Use your microwave for food preparation only.

Never use it for drying cloths, sterilising, or other non-food burboses

Use containers that are wider at the top than at the bottom.

In microwaves, liquids can beat to above their boiling point without bubbling. When the liquid is lifted out of the oven, the movement can make it boil and bubble up out of the container with the danger of scalding.

Using containers that are wider at the top than at the bottom can belp to prevent this from bappening.

Always stir liquids before, during and after cooking, and allow them to stand before serving.

This gives the liquid an even temperature and helps to prevent it from boiling after it has been

taken out of the microwave.

Carefully follow cooking instructions for food with a high sugar or fat content, such as Christmas pudding or fruit cake.

The sugar or fat can overbeat and in some cases catch fire. In the event of a fire, switch off the oven and leave the door closed to contain any flames.

Only heat popcorn which is labelled for microwave use.

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Never use the oven when it is

in case someone should water inside the oven at all times It's a good idea to leave a cup of accidentally switch it on.

and catch fire. frying. The oil could overheat Do not heat oil or fat for deep

cooking. Remove the food from temperature and remember to the oven before testing the thermometer in food during microwave. you put the food back in the remove the thermometer before Do not leave a conventional meat

microwave. Do not use metal objects in the

These include:

- metal cooking utensils
- metal plates or trays
- wire twist ties
- crockery with metal trims.

during use Never leave the oven unattended

temperature of the food will all should be used as a guide only affect the time actually needed for Cooking times given in recipes The weight, shape and starting

food is cooked, check it with a If you're not sure whether the Check the food during cooking

smoking or even fire. Cooking for too long could cause

vacuum-tight containers or sealed Do not use capped bottles, jars in the microwave.

Do not cook eggs or nuts in their

potatoes, and egg yolks before vegetables, such as apples or Pierce the skin of fruit and

containers, and inside foods with explode. can cause the container or food to a shell or skin as they heat. This Pressure builds up inside sealed

> combustible materials in the oven plastic, wooden or other as they can catch fire. Be careful when using paper,

cookery book instructs you to. Only use paper towels if your

the door; the control panel; the trained repairers. Never tamper with or adjust: Leave repairs and maintenance to

power cable: the door catches

towels or other objects between close the door. the door and the oven when you Be careful not to catch paper

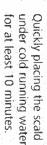
Microwave energy can escape if the door is not closed properly

your doctor before using a If you wear a pacemaker, consult microwave.

First aid

Safety

Treat scalding by:



Cover with a clean dry dressing. Do not use creams, oils or lotions.

In the event of fire:



Keep the oven door closed

- Turn off the power.
- 3 Unplug from mains.

Questions and answers

Why doesn't food seem to cook?

Check that:

- the cooking time has been set
- the door is closed
- the power socket is not overloaded causing a fuse to blow.

Why does the food seem undercooked or overcooked?

Check that:

- the correct cooking time has been set
- the correct power setting has been used.

How can I stop eggs from popping?

When you bake or poach eggs in the microwave, the yolk can sometimes pop as steam builds up inside it. You can stop the egg from popping by piercing the yolk with a toothpick before cooking.

Never cook eggs that are still in their shells.

Why is it so important that I allow standing time after cooking?

With microwave cooking, many foods build up enough heat inside them to continue cooking even after they've been taken out of the oven. Because microwave cooking works from the outside of food inwards, standing time lets you cook the centre of the food just right without the outside being overcooked.

Why does my oven sometimes take longer to cook than it says in the recipe?

First check that the oven was set just as the recipe

Cooking times and beat settings are suggestions to belp prevent overcooking but differences in the weight, size, shape and starting temperature of food will all affect bow long it takes to cook – just as it does with a conventional oven.

Use your judgement along with the recipe to check whether food has been cooked properly.

Why do I get condensation on the inside of the oven door?

Condensation is perfectly normal, especially when you're cooking food with a high moisture content such as potatoes.

Does the microwave energy get through the window on the door?

No. The door has a special metal screen with holes in that lets you see inside but stops microwave energy from getting out.

Steam comes out of the side of the door and vents. Can microwave energy get out too?

No. The door and vents are carefully designed to let steam out during cooking but keep microwave energy in. The gaps are not big enough for microwave energy to escape.

What happens if the microwave is switched on while the oven is empty?

The microwave will be damaged. Don't switch the microwave on when there's nothing inside the oven It's a good idea to keep a cup of water in the oven just in case someone accidentally starts the microwave.

Why won't the oven light come on?

Open the door. If the light doesn't come on, the bulb has probably blown. Call a qualified repairer – don't try to change the bulb yourself.

There are sparks inside the oven when I use the microwave. Will this cause any damage?

Yes. Make sure that you are not using any metal utensils and that your containers don't have a metal trim. You must not use metal in your microwave, except foil, when you cook.

Light is showing through the vents and door. Does this mean the microwave energy can escape?

No. It's normal for the light to be visible and is nothing to be concerned about.

Why do I get interference on my TV and radio when I use the microwave?

Microwave ovens use radio waves similar to those received by TVs and radios. You can lessen the interference by moving your microwave further away from the TV or radio.

meat is fully cooked before serving. Always make sure that

Cooking guidelines Microwave cooking

- Use the cooking times and food quantities as a guide. The more food you are cooking, the longer you should cook it for.
- Cook in microwave-safe containers
- Check that the oven is cool before using plastic containers especially if you've just been using the grill or convection oven.
- If you use cling film to cover your food, turn back a corner or pierce the film before you begin to cook.

Meat

Place the meat on a microwave roasting rack or microwave-proof plate.

instructions Put the rack into the oven on the glass turntable and follow the cooking

Halfway through cooking, turn the meat over to allow both sides to

about 5 to 10 minutes. At the end of the cooking time, cover the meat and leave it to stand for

cooking without overcooking the outside. Standing time allows the centre of the meat to continue to finish

shape effect cooking time. larger cuts take longer than than smaller portions and Remember that size and Larger portions take longer

Vegetables

Microwave cooking is ideal for vegetables – flavours are more distinct, colours are brighter and more nutrients are retained.

Prepare your vegetables as normal. Try to cut them to roughly equal sizes and spread them out in the dish so that they all cook evenly. Arrange whole or halved vegetables, such as potatoes, in a circle with centre open. Keep as much space as possible between each vegetable. Pierce any vegetables that have a skin.

Place tender vegetables, such as asparagus or broccoli, with the more tender parts towards the centre.

Add the minimum of water, about 2–4 thsp is normally enough. Some vegetables will cook in their own moisture. Add salt according to taste.

Cover the dish with a lid or microwave cling film (always pierce the film to let steam escape).

Place the dish onto the glass turntable.

Shake or stir during cooking.

Leave the vegetables covered for the full standing time. Standing time allows the centre of the vegetables to continue to cook without overcooking the outside.

Poultry

Remove the giblets and any metal clamps, and prepare the poultry as you would normally. Always make sure that poultry is fully defrosted before you start to cook.

Prick the skin and lightly brush with vegetable oil.

You don't need to use any oil if it is a self-basting bird.

Cooking guidelines Microwave cooking

I

Remember that size and shape effect cooking time. Larger portions take longer than smaller portions and larger vegetables take longer than smaller vegetables.

Safety



Be careful when you uncover cooked vegetables as steam burns.

Cooking guidelines Microwave cooking

Always make sure that poultry is fully cooked before serving. Pierce the thickest part of the meat with a sharp knife. If the juice runs clear and the meat is firm, the meat is cooked.



Hint

Remember that size and shape effect cooking time. Larger portions take longer than smaller portions and larger cuts take longer than smaller ones.

Place the meat on a microwave roasting rack or microwave-proof plate

Put the rack into the oven on the glass turntable and follow the cooking instructions

Use the weight of the bird when stuffed to calculate the cooking time

Turn the meat halfway through the cooking time to allow both sides to cook evenly

If you don't turn it, poultry can cook unevenly because of its irregular shape.

At the end of the cooking time, cover the meat and leave it to stand for about 5 to 10 minutes.

Standing time allows the centre of the meat to finish cooking without overcooking the outside.

Soups and rice

Soups or broth usually require a small amount of liquid because the evaporation in microwave ovens is rather limited. Because it is a dehydrating agent, salt must be added only when the cooking is finished or during the standing time.

The temperature required for cooking rice (or pasta) in a microwave oven is more or less the same as that needed to cook it on a regular hob. The advantage of preparing a risotto dish in a microwave oven is you do not have to stir the rice constantly (two or three times is enough).

Make sure the ingredients are placed in a container suitable for microwave ovens and covered with clear sheet (for about 300 gr. of rice, you need 750 gr. of broth with the oven programmed at 5 for about 12 to 15 minutes).

Baked goods and fruit

Baked goods rise more at lower oven power in your microwave than in a conventional oven. Since no crust is formed, it is better to garnish the surface portions with cream or icing after cooking. In addition, you must keep items being baked fully covered, because they tend to dry out.

Fruit is to be pierced, if cooked with its peel on, and is to be kept covered. It is essential that you stick to the standing time (3 to 5 minutes).

In order to obtain uniformly risen baked goods and to guarantee excellent results place a bowl (about 4cm high) over your baking dish (ideally a Pyrex pie plate) and place them in the middle of the turntable.

Microwave cooking chart

Food		Quantity	Settings	Cooking time (minutes)	Instructions
Beef (Roast)	Rare	500g	4	4-5	Turn at the halfway point. Wrap
	Medium	500g	4	5-6	in foil and stand
	Well done	500g	4	6-7	
	Beefburgers	4	5	5	
Pork	Roast joint	500g	4	6-7	Turn at the halfway point. Wrap
	Baked ham	500g	4	7	in foil and stand
	Bacon rashers	2	ហា	1.5	
	Bacon rashers	4	vī	2	
	Bacon rashers	6	5	3.5	
Lamb	Roast	500g	4	6-7	Turn at the halfway point. Wrap in foil and stand
Poultry	Whole chicken	500g	4	8-10	Start cooking breast side down
,	Duck	500g	4	8-10	and turn halfway. Wrap in foil
	Turkey	500g	4	8-10	and stand

Cooking guidelines Microwave cooking

Microwave cooking chart (continued)

Food	Fish Filleted		Flat fish	Whole	Whole	Vegetables Asparagus		Broccoli	Brussels sprouts	White cabbage	Red cabbage	Carrots	Cauliflower	Celery	Leek	Mushrooms	Onions	Spinach		Peas	Peas Baked potato	Peas Baked potatoes Baked potatoes	Peas Baked potatoes Baked potatoes Baked potatoes	Peas Baked potatoes Baked potatoes Baked potatoes New potatoes	Peas Baked potatos Baked potatos Baked potatos New potatoes Old potatoes	Peas Baked potato Baked potato Baked potatoe New potatoes Old potatoes Courgette		Peas Baked potatoe Baked potatoe Baked potatoes New potatoes Old potatoes Courgette Nut cake Viennese torte					
Quantity	500g	500g	500g	250g	500g +	500g	500g	500g				500g	450g	500g	500g		500g	500g 250g	500g 250g 300g	500g 250g 300g	· pi		, pa										
Settings	5	5	5	5	4	Л	u	Οī	υ	ъ	σ	ហ	ហ	Ŋ	П	U	υιυ	ហហប	ហហហប	ហហហហប	ហហហហហប	ហហហហហហ	ហហហហហហហ	ហហហហហហហហ	ហហហហហហហហហ	ហហហហហហហហហហ	ω σσσσσσσσσσσσσσσσσσσσσσσσσσσσσσσσσσσσ	ω ω	ω ω ω თ თ თ თ თ თ თ თ თ თ	ω ω ω ω σ σ σ σ σ σ σ σ σ σ σ σ σ σ σ σ	ω ω ω ω ω σ σ σ σ σ σ σ σ σ σ σ σ σ σ σ	υ υ υ υ υ υ υ υ υ υ υ ω ω ω ω 4	υ το
Cooking time (minutes)	3.5	2.5	1.5	2.5	Ŋ	3-5	8-10	5-7	6-7	6-7	6-7	6-7	6-7	2-2 7-2	0	<u>გ</u> -ტ	ωσο	<u>ა</u> გ.	5-5 5-7 3-4	3-4-4-7-5-6-6-6-6-6-6-6-6-6-6-6-6-6-6-6-6-6-6	2-3-4-4-7-5-6-6-6-6-6-6-6-6-6-6-6-6-6-6-6-6-6-6	3 2 4 4 7 5 6 6	5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	5 4 4 3 4 4 7 5 6 6 5 6 5 5 6 6 6 6 6 6 6 6 6 6 6 6	5-6 3-5 3-7 3-4 4-5 7-6	5-6 3-5 3-7 3-4 3-4 4-5 4-5 7-9	5-6 3-5 3-4 3-4 3-4 4-5 4-5 7-9 13-17 17-21	5-6 3-5 3-4 3-4 3-4 4-5 4-5 7-9 13-17 17-21	5-6 3-5 3-4 3-4 3-4 2-3 3-4 4-5 4-5 7-9 13-17 17-21 15-19	5-6 3-5 3-4 3-4 3-4 2-3 3-4 4-5 4-5 7-9 13-17 15-19 15-19	5-6 3-5 3-4 3-4 3-4 3-4 4-5 4-5 7-9 13-17 17-21 15-19 13-17 15-3	5-6 3-5 3-4 3-4 3-4 2-3 3-4 4-5 4-5 4-5 7-9 7-9 13-17 17-21 15-19 17-21 13-17 13-17 13-17 3-5
Instructions	Lay in dish with thickest part	outwards, brush with melted	butter or lemon juice, cover to cook. 5-10	Leave to stand for 3 mins. Slit skins	to prevent bursting. Shield head and tail with foil cover	Cut in to 2 cm pieces and cover	Cut into pieces and cover	Separate into individual florets	Leave whole and cover	Cut into strips and cover	Cut into strips and cover	Cut into same-size pieces and cover	Separate into stalks and cover	avior bac social atai ataras	separate into pieces and cover	Cut into strips and cover	Cut into strips and cover Leave whole and cover. No water	Cut into strips and cover Leave whole and cover. No water Whole, but same size. No water	Cut into strips and cover Leave whole and cover. No way Whole, but same size. No wat Cover after washing leaves	Cut into strips and cover Cut into strips and cover. No was Leave whole and cover. No was Whole, but same size. No wat Cover after washing leaves Cover	Cut into strips and cover Leave whole and cover. No way Whole, but same size. No wat Cover after washing leaves Cover Leave to stand	Cut into strips and cover Leave whole and cover. No way Whole, but same size. No wat Cover after washing leaves Cover Leave to stand Leave to stand	Cut into strips and cover Cut into strips and cover. No wa Whole, but same size. No wat Cover after washing leaves Cover Leave to stand Leave to stand Leave to stand	Cut into strips and cover Cut into strips and cover. No wat Whole, but same size. No wat Cover after washing leaves Cover Leave to stand Leave to stand Cut into same-size pieces and	Cut into strips and cover Leave whole and cover. No water Whole, but same size. No water Cover after washing leaves Cover Leave to stand Leave to stand Leave to stand Cut into same-size pieces and cover Cut into same-size pieces and cover	Cut into strips and cover Leave whole and cover. No water Whole, but same size. No water Cover after washing leaves Cover Leave to stand Leave to stand Leave to stand Cut into same-size pieces and cover Cut into same-size pieces and cover Cut into slices and cover	Cut into strips and cover Cut into strips and cover. No way Whole, but same size. No wat Cover after washing leaves Cover after washing leaves Cover Leave to stand Leave to stand Leave to stand Cut into same-size pieces and Cut into same-size pieces and Cut into slices and cover	Cut into strips and cover Cut into strips and cover. No way Whole, but same size. No way Whole, but same size. No way Cover after washing leaves Cover Leave to stand Leave to stand Leave to stand Cut into same-size pieces and Cut into same-size pieces and Cut into slices and cover	Cut into strips and cover Leave whole and cover. No way Whole, but same size. No wat Cover after washing leaves Cover Leave to stand Leave to stand Leave to stand Cut into same-size pieces and Cut into same-size pieces and Cut into slices and cover Mix pineapple pieces	Cut into strips and cover Leave whole and cover. No way Whole, but same size. No way Cover after washing leaves Cover Leave to stand Leave to stand Leave to stand Cut into same-size pieces and Cut into same-size pieces and Cut into slices and cover Mix pineapple pieces	Cut into strips and cover Cut into strips and cover. No way Whole, but same size. No way Whole, but same size. No way Cover after washing leaves Cover Leave to stand Leave to stand Leave to stand Cut into same-size pieces and Cut into same-size pieces and Cut into slices and cover Mix pineapple pieces	Cut into strips and cover Leave whole and cover. No water Whole, but same size. No water Cover after washing leaves Cover Leave to stand Leave to stand Leave to stand Cut into same-size pieces and cove Cut into same-size pieces and cove Cut into slices and cover Mix pineapple pieces Mix with a whisk every 30 seconds	Cut into strips and cover Cut into strips and cover Leave whole and cover. No wat Whole, but same size. No wat Cover after washing leaves Cover Leave to stand Leave to stand Cut into same-size pieces and Cut into same-size pieces and Cut into slices and cover Mix with a whisk every 30 sec Cut into quarters
Standing time (minutes)	5-10	5-10	cook. 5-10	skins 5-10	d 5-10	yr 4	4	4	4	4	4	cover 4	4	A	4	4 4	ter 4	ter 4 4 4	ter 4 9r 4	ter 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4 4	7	97	34				1						

Microwave reheating chart

• We recommend that you heat foodstuffs to a temperature of at least 70° C - the food must be piping hot.

Food	Quantity	Settings	Time (minutes)	Instructions
Coftaning Food			(1000)	
Chocolate	100g	ω	4-5	Put in a dish. No need to stir
Irina Committee	100a	ω	3-4	Put in a dish, stir once
Butter	50-70g	σ	5-10 seconds	Put in a dish. No need to stir
Chilled food (initial temperature of 5/8°C	ure of 5/8°C ເ	ıp to approxi	up to approximate 20/30°C)	Poworo 2004 2004 2005
Yoghurt	125g 240ml	JT U	70-30 seconds	Reheat without the teat, and shake before use
שמא ופבמוויס מסינוופ	1042	(
Chilled precooked foods (initial temperature 5/8°C up to approximate 70°C)	ial temperatu	re 5/8°C up t	o approximate 70°C)	
Lasagna or stuffed pasta	400g	u	4-6	For foods to be heated to a temperature of 70°C,
Meat with rice and/or veg.	400g	· σ	4-6	remove from foil packaging and put onto plate from
Fish and/or veg.	300g	J.	3-5	which it is to be eaten. Cover with film of an
Plate of meat and/or veg.	400g	J.	5-7	upturned plate
Plate of cannelloni or lasagna	400g	v	5-7	
Plate of fish and/or rice	300g	5	4-6	
Frozen foods (initial temperature -18/-20°C up to approximate	ture -18/-20°0	c up to appro	oximate 70°C)	1
Lasagna or stuffed pasta	400g	1 UT	2 0-8	tor precooked frozen joods to be neated to a
Meat with rice and/or veg.	400g	ı	5-7	temperature of 70°C, remove from 1011 packaging
Fish and/or precooked veg.	300g	U	3-5	and put onto plate from which it is to be edien.
Fish and/or raw veg.	300g	υ	8-10	Cover with film or an upturned plate
Portion of meat and/or veg.	400g	U	6-8 6-8	Place any raw tood in a microwave container and
Portion of cannelloni or lasagna		U	7-9	cover
Portion of fish and/or rice		5	4-6	
Chilled drinks (initial temperature 5/8°C up to approximate 70°C)	rature 5/8°C ι	ıp to approxi	mate 70°C)	
1 cup of water	180cc	U	2-2.5	Stir after reheating to distribute heat evenly
1 cup of milk	1 5 0cc	ហ	1.5-2	Stir after reheating to distribute heat evenly
1 cup of coffee	100cc	ъ	1.5-2	Stir after reheating to distribute heat evenly
1 bowl of broth	1 portion	5	4-5	Cover the soup with an upturned plate
Drinks at room temperature (initial temperature 20/30°C	(initial tempe	rature 20/30	°C up to approximate 70°C)	≥ 70°C)
1 cm of water	18000	Л	1.5-2	Stir after reheating to distribute heat evenly
I cult of water	10000	1 (л! л:	Stir after reheating to distribute heat evenly
1 can of milk				Still differ represented to distribute hear exe
I cap of Tillin	150cc	ı	, - i	Ctime the section to distribute heat ou
1 cup of coffee	150cc 100cc	ហប	1-1.5	Stir after reheating to distribute heat evenly

Cooking guidelines Microwave reheating

Cooking guidelines Cooking on two levels

Cooking on two levels

Cooking on two levels enables you to cook an entire meal in one go.

By using the spacer rack you can defrost, reheat and cook two different dishes at the same time. The special double-microwave-emmisson system makes this possible.

When you wish to cook two food dishes at the same time, all you

When you wish to cook two food dishes at the same time, all yo have to do is keep these basic rules in mind:

- the cooking times for food dishes cooked at the same time are different from those for the cooking of single dishes. So always consult the reference table.
- Be careful to always place on the spacer rack the food that requires less cooking time, it will be easier to remove the upper pan.

 Take the rack out and finish cooking the food underneath.
- Pay attention to the indications and recommendation in the table opposite.
 In particular, always check to be sure that the food being reheated is very hot before removing it from the oven.

Cooking on two levels chart

Process	Defrost			Reheat			Cooking										
Туре	Ground meat Ground meat	Chicken pieces Stew	Cauliflower Whole fish	Meat, single Vegetables, single	Plate of lasagna Plate of lasagna	Meat single Plate of lasagna	Potatoes Potatoes	Carrots Carrots	Sliced fish Courgettes	Whole fish Courgettes	Whole fish Whole fish	Potatoes Goulash	Rice Cabbage	Peas Brussels sprouts	Meatloaf Potatoes	Sausages Sausages	Stew Pork roast
Pan position	above below	above below	above below	above below	above below	above below	above below	above below	above below	above below	above below	above below	above below	above below	above below	above below	above below
Quantity	500g 500g	500g 500g	450g 500g	150g 250g	500g 500g	150g 500g	500g 500g	500g 500g	400g 475g	200g 475g	200g 200g	500g 1.5kg	300g 500g	500g 500g	500g 500g	300g 300g	700g 700g
Power	defrost defrost	defrost defrost	defrost defrost	ហហ	ហហ	ហហ	ហហ	ហហ	ហហ	ហហ	ហហ	ഗ ഗ	ഗഗ	ഗഗ	ហហ	ហហ	UT UT
Time (minutes)	20 20	24 24	22 22	თთ	9	80	10 10	∞ ∞	13 11	7 12	7 7	10 38	22 22	9	23 10	1 1	28 28
Notes	Turn over after 15 minutes. Stand for a further 15 minutes.	Pull meat apart during defrosting. Stand for a further 15 minutes	Stand for 5 to 10 minutes Stand for 5 to 10 minutes	Cover the food with plastic wrap As above	As above As above	As above As above	Cut into pieces and cover with wrap Cut into pieces and cover with wrap	Cut into pieces and cover with wrap Cut into pieces and cover with wrap	Cover the food with plastic wrap Leave whole and cover with wrap	Cover the food with plastic wrap Leave whole and cover with wrap	Cover the food with plastic wrap Cover the food with plastic wrap	Cut into pieces and cover with wrap After 24 mins remove wire rack	Cover with plastic wrap and stir twice Leave whole and cover with wrap	Cover the food with plastic wrap Cover the food with plastic wrap	Turn over at 15 minutes Cover with plastic wrap	As above As above	As above Turn over at 18 minutes

Cooking guidelines Cooking on two levels

Hint

Pay strict attention to the times set out in this table. If in doubt, check that the food being reheated is very hot before removing it from the oven.



Cooking guidelines
Microwave defrosting

Microwave defrosting

For a defrosting chart see page 15

- Foods frozen in bags or plastic sheeting or in their packaging may be placed directly in the oven, as long as they have no metal parts (e.g., bands or closure rivets).
- Certain foods, such as greens, vegetables and fish, do not have to be completely defrosted before you begin cooking them.
- Stewed foods and meats as well as meat sauces defrost better and quicker if they are stirred from time to time, turned over or separated.
- While defrosting, meat and fish lose their liquid content. It is recommended, therefore, that you defrost such items in a tray or basin
- It is advisable to separate each individual piece of meat from its bag before putting it in the freezer. This will help you save valuable time will preparing foods.
- Be careful about following the cooking times printed on frozen products, because those times are not always correct. It is best to use defrosting times slightly less than those indicated. The time needed for defrosting will vary in terms of the degree to which the food has been frozen.

Specification

Gross weight	Approx. weight	Turntable diameter	Oven Light	Power consumption	Oven cavity dimensions	Outside dimensions	Microwave frequency	Output	Input
18,3kg approx	17kg approx	31cm	25W	1400W	322mm wide x 218mm high x 331mm deep	520mm wide x 305mm high x 400mm deep	2450MHz	900 Watts (IEC 705 rating standard – 1988 measured at 240V)	230-240V AC, 50Hz

Complies with EEC directive 89/336 and 92/31 relating to Electromagnetic Compatibility.

Dimensions shown are approximate.

Because we continually strive to improve our products, we may change specifications without prior notice.

Electrical Supply

WARNING: This appliance must be earthed.

uses

Your appliance comes fitted with a plug and a 13A fuse. If you need to replace the fuse, only those rated at 13A and ASTA approved to BS1362 should be used.

Changing the Plug

Cut off and dispose of the supplied plug if it does not fit your socket.

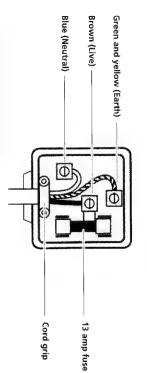
WARNING: To avoid a shock hazard do not insert the discarded plug into a socket anywhere else.

IMPORTANT: WIRES IN THE MAINS LEAD ARE COLOURED IN ACCORDANCE WITH THE FOLLOWING CODE:

Green/Yellow Earth Blue Neutral

Brown

If you change the plug, the colour of wires in the mains lead may not correspond with the colour of the markings identifying terminals in the plug. You should therefore wire it as shown.



Changing the Mains Lead

A special lead can be ordered from Hotpoint Service UK: 08709 066 066 or Republic of Ireland: 1850 302 200

If you have damaged the existing lead or require a longer one a charge will be made. It is strongly advised that this work is carried out by a qualified electrician.

 CE CE marking certifies that this appliance conforms to the following EEC directives:

Low Voltage Equipment – 72/23/EEC & 93/68 EEC
Electromagnetic Compatability – 89/336/EEC & 92/31 EEC & 93/68/EEC

Specification

Hotpoint Service

Satisfaction Guaranteed or Your Money Back

Hotpoint gives you a unique 'Satisfaction Guaranteed' promise – valid for ninety days after you have purchased your Hotpoint product. If there is a technical problem with your Hotpoint appliance, call Hotpoint Service. If necessary we will arrange for an engineer to call. If the technical problem is not resolved under this Guarantee, Hotpoint will replace your appliance or, if you prefer, give you your money back.

Hotpoint After Sales Service

Hotpoint appliances carry for the first 12 months a fully inclusive parts and labour guarantee. When the 12 months parts and labour guarantee expires we offer two after sale service options:

Repair Service

UK: 08709 066 066 or Republic of Ireland: 1850 302 200

All repairs carry a fully inclusive parts and labour guarantee for 12 months from the date of the repair.

Note: Chargeable service is offered on the basis of payment on completion to our Service Engineer, who will issue a receipt.

Extended Warranties

UK 08709 088 088 or Republic of Ireland: 1850 502 200

Whether you have just one or a number of Hotpoint appliances in your kitchen, Hotpoint offer two Service Cover Plans to give you complete peace of mind. They enable you to extend your first 12 months labour guarantee by either 1 or 4 years, so that you can have FREE repairs during the membership period.

Service Cover. FREE service repairs during the period of cover. At an additional cost Service Cover with Maintenance includes an Annual Electrical and Safety check along with replacement of any parts necessary.

Kitchen Cover. An annual payment covers repairs for all your Hotpoint appliances which are less than ten years old. Additional Hotpoint appliances purchased after you have joined Hotpoint Kitchen Cover are automatically included during the annual period of cover without further charge.

Easy Payment Methods

We offer a number of payment methods; cheque, credit card or you can spread the cost and pay by direct debit. For further details telephone: 08709 088 088

Appliance Registration

To benefit from the above options, complete and return the Appliance Registration Form/Questionnaire supplied with this appliance. Full details and costs of our service options together with an application form, will then be sent to you at the end of the 12 month guarantee period.

Hotpoint Genuine Parts & Accessories

A wide range of parts and accessories are available from Hotpoint Genuine Parts & Accessories Mail Order Hotline UK 08709 077 077 or Republic Of Ireland: 01 842 6836

Key Contacts

Hotpoint Guarantee

From the moment your appliance is delivered, Hotpoint guarantees it for 12 months.

- Hotpoint appliances carry a fully inclusive 12 months parts and labour guarantee.
- All Hotpoint servicing is carried out by our own Service Organisation located throughout the United Kingdom and Republic of Ireland. We will be happy to deal with any problems which you may have.

Our Engineers will use every effort to avoid damage to floor coverings and adjacent units when carrying out repairs/service work, but in locations where the Engineer advises you that it will be impossible to move appliances without risk of damage, he will only proceed with your approval that no liability is accepted.

Guarantee Terms & Conditions

Your Guarantee is only applicable in the United Kingdom or Republic of Ireland and is subject to provision(s) that your appliance:

- Has been used solely for domestic purposes and is on domestic premises i.e. not for commercial or trade use.
- Has been used solely in accordance with this instruction book.
- Has been properly connected to a suitable electrical supply voltage as stated on the appliance rating plate
- Has not been subject to misuse, accident, modified or repaired by anyone other than our own Service Engineers.

Service

Republic of Ireland: 1850 302 200

You will be asked to quote the Model Number and Serial Number, which can be found on the inside of the door.

Genuine Parts & Accessories Mail Order Hotline

Republic of Ireland: (01) 842 6836

Extended Warranty

To join: UK 08709 088 088

Republic of Ireland: 1850 502 200

For further product information

All Hotpoint Services are offered as an extra benefit and do not affect your statutory rights.

Applicable to UK only.

Holpoint

General Domestic Appliances Limited, Morley Way, Peterborough, PE2 9JB.

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